

HUFFING/INHALING ABUSE



What is Huffing?

- Breathing an aerosol, or the vapors of a household product, to get high

Ex: sniffing glue



Huffing a Poison

Butane

Air Freshener

Cooking Spray

Felt-tipped pens

Nail Polish Remover

Aerosol Whipped
Cream

Furniture Polish

Oven Cleaners

Spray Deodorants

Hair Spray

Gasoline

Glues

Spray Paint

Rust Remover

Disinfectants

Fabric Protectors



HUFFING/INHALANTS

- Inhalants can be any household goods.

THINK BEFORE YOU HUFFING KILLS
DEATH DEATH DEATH DEATH HUFF!!!!!!



HUFFING FACTS

- A fact, over 1,000 products can be abused as inhalants, and most homes contain several of these products.
- Fact, toxic chemical mixtures produce a more powerful poison as the body processes it.



Why do people huff?

- Cheap
- Easily available
- Not a “drug” – easy to hide
- 15 seconds of sniffing produces a high that lasts several minutes
- Uninformed – they know about the high but not about the brain damage or the sudden death.



STUPID

- Huffing injures your brain
- Every time a user takes a hit, he or she gets some permanent brain damage



Chronic Users

- Significant deterioration
Memory loss (brain
damage) Some become
vegetables



OVERDOSE

- You can die at anytime from this stuff Sniffer's Sudden Death Syndrome
- It can happen the 1st time—or the hundredth time like “Russian Roulette”



ADVERSE AFFECTS

- Short Term Effects
- DEATH
- Liver, Kidney, and Brain Damage
- Nosebleeds
- Violent behavior
- Long Term Effects
- DEATH
- Permanent Liver, Kidney and Brain Damage
- Permanent Hearing loss

DEATH, DYING, BRAIN DAMAGE

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SIGNS of HUFFING/INHALING ABUSE

- - Poor work performance on the job, paint or stains on the body, sores around the mouth, red runny nose and eyes, chemical odor on breath, dazed appearance.
- - Behavior of person is sitting with a marker to his/her nose, constantly sniffing the sleeves, and hiding rags, and containers of the abused products.



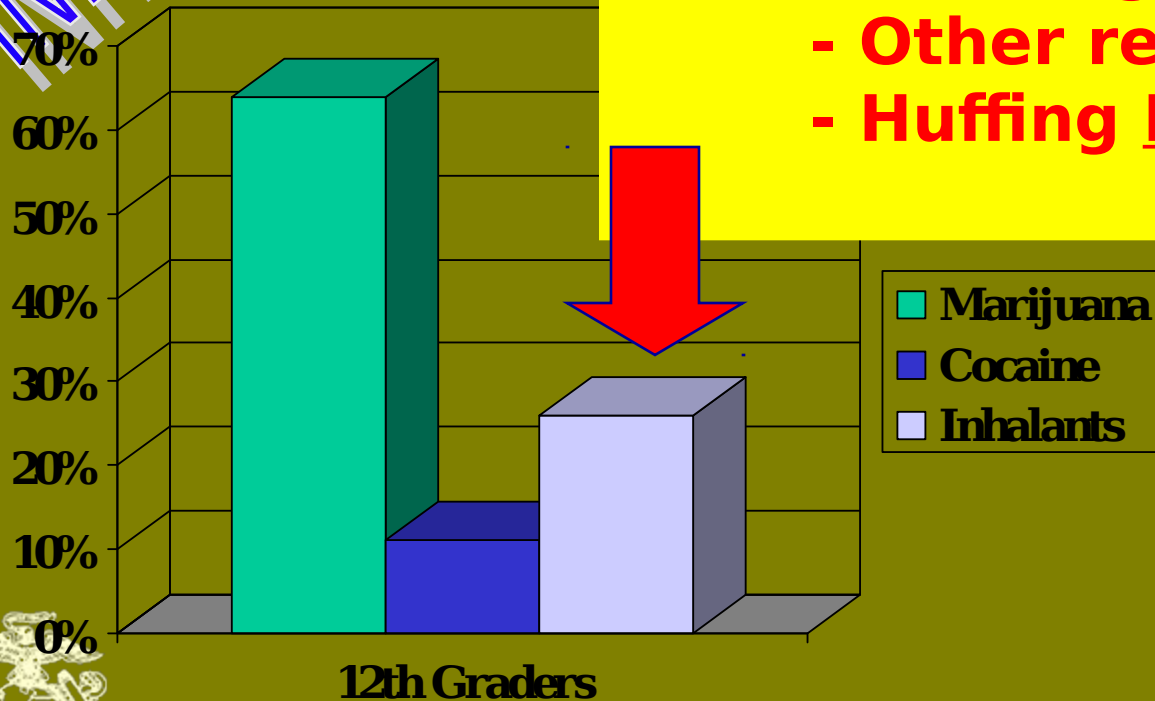
Huffing/Miscellaneous Drug Trends

INHALANTS

25% HS kids Huff

Okinawa junior enlisted:

- **NO alcohol**
- **NO drugs**
- **Other restrictions**
- **Huffing MAY be more common**



Okinawa History

- Some years...one death/year in the military community from huffing
- Bigger problem on Okinawa than the US because access to “hard drugs” is limited on Okinawa



viewimages

OUTCOME OF HUFFING ABUSE



LESSON REVIEW

- Name one chemical that may be abused by inhalation/huffing abuse?
- What are some short term effects of inhalant/huffing abuse?
- What are some long term effects of inhalant/huffing abuse?
- Can you die suddenly from huffing?
- Huffing butane – smart or stupid?



Credits

- HM3 Shawn A. Thackawray, 3d FSSG
- CDR Michael Maddox, 3dMARDIV

